SAFETY ON THE LINE

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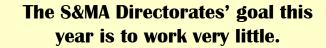
"Nothing travels faster than the speed of light, with the possible exception of bad news, which obeys its own set of laws." Douglas Adams

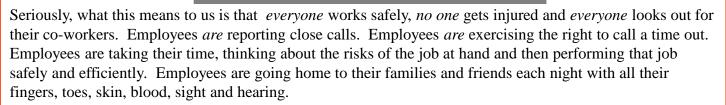


Safety & Health Organizational Focus January 23 — March 3, 2006

(web link available soon at K\$C homepage)

Mishap Prevention





So please, think about how bored we at S&MA want to be this year before you go out on the job....we won't be the only ones thanking you.



New Years Resolutions or Goals??

How many of you are planning on changing the way you do things in life during this New Year? Here is the "Top Ten List". But this time, think of them as *goals* and not *resolutions*.

- 1. Lose weight Start off slow. Set a reasonable and realistic goal. Include some of #7 in your plan.
- 2. Stop smoking Look at the options patches, gums, hypnosis, and yes lasers. Set a timetable.
- 3. Stick to a budget Write it down. Find out where the money goes. Stay within your means.
- 4. Save or earn more money With your budget, figure in to save some money for a rainy day.
- 5. Find a better job Or do better at your job. Get additional training or train for something different.
- 6. Become more organized Use a daily planner. Use your web base calendar more effectively.
- 7. Exercise more Start off slow, talk to your doctor, get medical advice for a program, stick with it.
- 8. Be more patient at work/with others Take a deep breath, relax, and put yourself in their shoes.
- 9. Eat better All things in moderation. Your mom was right when she told you to eat your veggies.
- 10. Become a better person Give blood, go back to school, mentor a child, open a door for someone.



Do you have questions, comments, or an article you would like to submit? Contact Marguerite at 867-8520, fax number 867-1120, or e-mail them at "Safety on the Line" found in your global address list. <u>Safety on the Line</u> is also on the Web at http://sotl.ksc.nasa.gov.